

# Needlesticks and Other Sharps/Splash Exposures

## Post-Exposure Prophylaxis (PEP)



### Bloodborne Pathogens

Needlesticks or other sharps injury or exposure to blood or other bodily fluid (e.g. first aid team members, housekeeping personnel in some industries, nurses, and other healthcare personnel) to bloodborne pathogens.

These pathogens include, but are not limited to:

- Hepatitis B (HBV)
- Hepatitis C (HCV)
- Human immunodeficiency virus (HIV)

### Take these Steps For an Exposure Incident

1. **Immediately** flood the exposed area with water and clean any wound with soap and water or a skin disinfectant if available
2. **Immediately** report the incident to your supervisor
3. **Immediately** seek medical attention for PEP guidance
4. **Be aware** of special circumstances (e.g. pregnancy, breastfeeding, immunocompromised, etc)
5. **Conduct** standard follow-up testing for the exposed person

For more details visit:

<http://nccc.ucsf.edu/clinical-resources/pep-resources/pep-quick-guide/#>

**FREE** rapid expert consultation and advice on PEP for bloodborne pathogen exposures

**University of California, San Francisco  
Clinician Consultation Center**

**(888) 448-4911**

**11 a.m. – 8 p.m. ET  
Seven days a week**

For more information, visit:

<https://nccc.ucsf.edu/clinician-consultation/pep-post-exposure-prophylaxis/>



[www.preventHALaz.gov](http://www.preventHALaz.gov)

**NOTE:** This is only a brief summary of information on PEP. Be sure to work with your employer and provider for thorough evaluation and follow-up.

References & Resources	Links
Arizona Division of Occupational Safety and Health (ADOSH)	<a href="http://www.ica.state.az.us/ADOSH/ADOSH_main.aspx">http://www.ica.state.az.us/ADOSH/ADOSH_main.aspx</a>
Bloodborne Pathogens and Needlestick Prevention (OSHA)	<a href="https://www.osha.gov/SLTC/bloodbornepathogens/index.html">https://www.osha.gov/SLTC/bloodbornepathogens/index.html</a>
The National Institute for Occupational Safety and Health (NIOSH) Bloodborne Infectious Diseases	<a href="https://www.cdc.gov/niosh/topics/bbp/emergnedl.html">https://www.cdc.gov/niosh/topics/bbp/emergnedl.html</a>
PEP Quick Guide for Occupational Exposures (UCSF Clinician Consultation Center)	<a href="http://nccc.ucsf.edu/clinical-resources/pep-resources/pep-quick-guide/">http://nccc.ucsf.edu/clinical-resources/pep-resources/pep-quick-guide/</a>
PEP Guidelines and the latest federal and best-practice recommendations for post-exposure prophylaxis (PEP) (UCSF Clinician Consultation Center)	<a href="https://nccc.ucsf.edu/clinical-resources/pep-resources/pep-guidelines/">https://nccc.ucsf.edu/clinical-resources/pep-resources/pep-guidelines/</a>